

## PPF and Mind in Croydon - A Perfect Partnership

On Thursday 21st March the Pension Protection Fund (PPF) held an event to celebrate their year of supporting Mind in Croydon. Partnering with a local mental health charity, situated close to their head office in East Croydon has given PPF the chance to get hands on with a number of local volunteering opportunities. Mind in Croydon was chosen by PPF employees for a number of reasons, some of them personal.



At the event, PPF employees revealed the fundraising total of £10,000 to John Pestell, Chair of Mind in Croydon, Richard Pacitti, CEO of Mind in Croydon and some of the charity's service users. Also in attendance were the Mayor of Croydon Cllr Bernadette Khan, and Cllr Janet Campbell, Croydon Council's Mental Health champion.

Oliver Morley, Chief Executive Officer at the PPF said:

"We're very proud to have achieved so much for Mind in Croydon. To say that it's been a busy year of charitable activity for the PPF would be an understatement. Our people have thrown themselves into the challenge and have developed so much passion for the charity that they've voted to partner with Mind in Croydon for a second year; a third with a mental health charity. It gives me great pleasure to lead an organisation of people who care about making a difference in the community."

Money was raised through a variety of fundraising events over the year, including bake sales, football tournaments, a 5k run and quiz nights, and other volunteering projects.

PPF volunteers also gave their time at the Mind in Croydon Hub, a drop-in centre where service users are able to take part in groups and activities to help boost their confidence, discuss their mental health needs, and meet with other people.

In October 2018, we organised our most ambitious fundraising event yet – Never Mind the Catwalk, at Boxpark Croydon. Volunteers put on a fashion show

using clothes donated to Mind in Croydon's charity shop, which were also made available to purchase. The event also featured live music, mental health

information and special appearances from the Mayor of Croydon and Councillor Janet Campbell.

Lauren Furey, CSR Charity Champion said:

"Never Mind the Catwalk was such a massive collaborative effort and to see it bring the community together to raise money and open minds was incredibly moving. Every single person involved in that event from the volunteers to the performers and even the Mayor of Croydon understood the importance of what we were trying to achieve for Mind in Croydon."

At Christmas, PPF volunteers donated goods for festive hampers, which were decorated and delivered to service users via the Mind in Croydon hub.

Richard Pacitti, CEO of Mind in Croydon said

"It has been an absolute pleasure to work with our friends at PPF over the last year. Staff there have taken a real interest in the work that we do and have become involved in directly helping a number of the people that we support. This interaction has created enormous benefits for the charity, the people we support and, I hope, has made the whole process much more rewarding for the staff at PPF. The celebration event today was a very special event. Staff from our charity and a number of the people who we support were able to attend, along with our friends from the PPF, the Mayor of Croydon and Cllr Campbell, Croydon's mental health champion. We were delighted with the money that PPF were able to donate to us and all of this will go directly to the front line, helping people in the everyday lives. Things got even better when PPF announced that they had chosen us as their charity for next year! We look forward to continuing our working relationship with our friends at PPF, which we know will be as beneficial and as much fun as our work to date. Huge thanks to all at PPF."



**Pension  
Protection  
Fund**

## Pension Protection Fund Photography Project

One of the many ways Pension Protection Fund have involved Mind in Croydon in their community work this year has been to invite members from the Social Networking Services' Photography Group to submit their work to be displayed in the PPF Croydon Office.

70 entries from Mind in Croydon members and staff from Pension Protection Fund were submitted and then judged blind by the company CEO, Oliver Morley CBE. The final pieces to be displayed included three photos taken by the Photography Group members taken around Croydon and central London. Each member was awarded their own framed copy as shown in the photo with a copy on display at the PPF offices in Croydon.



Katrina from the Pension Protection Fund awards members with a copy of their selected photos

## Advocacy Visits Hestia

Members of the advocacy team visited the offices of Hestia in Croydon to publicise the two projects currently being run by Mind in Croydon's advocacy team; the IMHA (independent mental health advocacy) project and the community mental health advocacy project.



Awareness raising sessions with professionals from local voluntary sector service providers (charities and foundations) as well as public sector (nursing staff, social work teams or community mental health teams) is something we aim to do as regularly as is possible. This increases professionals knowledge of when to refer to independent advocacy, who their local mental health advocacy provider is, and what level of service can be expected.

Much more regularly advocates raise awareness of independent advocacy directly with patients and mental health service users in Croydon on a weekly basis, visiting psychiatric hospital wards where residents can find themselves an inpatient, or conducting drop-in sessions at Jeanette Wallace House ensuring as many mental health service users know how they can access independent advocacy and ways to ensure their voice is heard regarding their care and treatment.

## Christmas at The Hub

Members and staff had an amazing Christmas, with numerous activities and outings, lunch at Croydon Park Hotel, visit to the Pantomime in Wimbledon, quizzes and various other activities, including a lot of gift giving.

Katrina from PPF and her team delivered 20 food hampers for the members and 30 gifts for members children and grandchildren.



After Christmas a few of the members children sent thank you cards to the staff at PPF.

Similarly the older members received gift bags from CNCA and Whitgift Care, each bags contained food items and a gift for Christmas.

Members invited a Solicitor from Streeter and Marshall to the Hub to speak on how members can go about doing their wills and Power of Attorney documents. All members who were present said the session was very informative and gave them a lot to think about.

## Work Experience Placement

The Employment Support Service is always looking for employment, voluntary and work experience opportunities for its clients, in and outside the Borough.



Recently, the Service approached Dawn at Paws Pet Grooming in Brighton Road, who very kindly offered a work experience placement for one of our clients. Mathew, who is very keen to work with animals, worked at Paws Pets for two days a week from the 15th January to 7th February; tasks included bathing, drying, trimming pads, claw cutting, cleaning and plucking ears as well as general cleaning duties during quiet periods.

Mathew said that he enjoyed working with the animals and felt supported by Dawn and the staff, he particularly liked the interaction with the staff which made him feel included.





# CV Writing and LinkedIn Workshops

For the past few years the Employment Support Service has been delivering various vocational workshops, these include: Disclosure, Volunteering and First Impressions.

The Service has now received funding from the Maudsley Trust (Smile Together) to deliver some interactive workshops, covering: CV Writing and LinkedIn. The workshop was facilitated by Torie Robinson, Peer Recovery Career Consultant, through whom (and with access to a laptop) all clients were able to start putting together a CV and create a personal profile on LinkedIn.

Tori said: "It was wonderful to train and engage with clients – many of whom came in with nothing but who left with a re-start to their career journey and a smile! Enabling them to identify their positive traits, professional experiences and then place these where they can be professionally recognised was great. Thank you to Mind in Croydon for recognising the huge value that jobs and careers can bring to clients' lives!"



**"Excellent Workshop and would love to attend again for refresher"**

**"Easy to follow presentation and delivered with humour"**

**"I appreciated everyone's patience and willingness to help"**

**"Excellent trainer and good supportive staff. Engaging"**

**"Found the session very informative"**

**"I found the teacher very helpful and she explained things thoroughly"**

## RED January 2019

In January Active Minds in collaboration with national Mind ran RED January, which encouraged people to do something active every day during January.

Participants also had the option to get sponsored to raise money for Mind In Croydon.

This year we had over 40 participants who kept active in a variety of ways including running, swimming, cycling and doing yoga. In total we raised over £1,300 for Mind In Croydon.

A wide range of people took part, including staff from Mind in Croydon, service users and the general public.

**"I wanted a fitness challenge to kick start the year, so I looked online for something I could fundraise for. I was really pleased to find that I could fundraise for a local charity and therefore know that my money would be helping local people." RED'er Jo**

Members from the Zero to Hero running club took part and raised £95.44 by doing a fundraising lunch, which was a fantastic achievement.

We are very proud of everyone's efforts, and are delighted to hear than many have carried on with their healthy start to 2019.



Running at Lloyd Park



Running at Lloyd Park

## Counselling Service Update

The team have been very busy with various projects, groups, workshops and presentations.

The Blue Light Project is due to finish shortly. We will have exceeded our remit by delivering 100 client contact hours and 12 workshops.

The Whole School Approach is progressing well with three interventions already administered to The Brit School and another due in March; this project runs until July 2019.

The Anger Control Training Group restarts on 23rd April and we are awaiting the funding the run another Hoarding Group, hopefully in May 2019.

The counselling team are continually asked to give workshops to groups within the community including community organisations such as the Police, schools and religious communities.

As of February 2019 the counselling team have 31 volunteers, which includes three new counsellors, in addition to the four staff members and two dedicated administration staff.

One of our team members, Nicola Ockwell, successfully completed Red January which involved doing some sort of exercise every day for the whole of January to fundraise for Mind in Croydon.

**To find out more:**

For more information on The Blue Light Project visit <https://www.mind.org.uk/news-campaigns/campaigns/bluelight/>



# My Son - You Can

A poem from Heleen lisaacs  
written for her son

I look into your eyes.  
What do I see?  
Son, I see your pain.  
I see your mental struggles, your  
tortured mind.  
A mind and body tormented but  
the sad memories of times past.  
I see the pain in your soul, in your  
very being.  
Musing, always musing, mind never  
at rest.  
Son, sadly my words cannot bring  
you comfort.  
Remember, life is a journey with  
many twists and turns.  
It is not always about how you  
begin,  
Learning the lessons of yesterday,  
is vital for making a better  
tomorrow.  
Son, you can change the course of  
times past.  
Like the phoenix, you can rise from  
the ashes of your despair.  
You can, yes you can.

## Emma Cuevas

We wanted to share with you the  
lovely poem Emma's boyfriend  
read out at her funeral

Those special memories of you  
will always bring a smile  
If only I could have you back  
for just a little while  
Then I could sit and talk again  
just like we used to do  
You always meant so very much  
and always will do too  
The fact that you're no longer here  
will always cause me pain  
But you are forever in my heart  
until we meet again.



## In loving memory...



On 6 March, on a  
chilly day bright with  
spring daffodils, there  
was standing room  
only at Beckenham  
Crematorium. It was  
the funeral of our dear  
colleague and friend,  
Nichola Harris. The seats  
were full, the aisles  
were packed, there were even  
people standing outside. So many  
wanted to pay their respects to a  
young woman we lost at the age  
of only forty-eight. In those too  
few decades Nic lived life to the  
max, managing to make a huge  
impression on everyone. There  
is a traditional Mexican belief that  
we experience three deaths. The  
"first death" is the physical one,  
when the body dies. The "second  
death" is the time you are laid  
to rest, when you return to the  
earth, or to ashes. The "third  
death" is the most final because  
it is the time you disappear from  
memory, when no living person  
remembers you any longer. If the  
reaction to the passing of Nic is



anything to go by, it's  
unlikely she will ever  
reach that final of most  
final stages.

Nic joined Mind in  
Croydon in June 2006  
as a Parenting Advocate.  
Before that, she'd had  
a varied working life

including time at Choice FM  
Radio, IKEA, the London Fire  
Brigade and a couple of years  
working in Cyprus. After stints at  
the YMCA and CCHA in Croydon  
we were lucky enough that she  
chose our organisation in which to  
continue her career. She brought  
to the Advocacy service not only  
a wealth of expertise but unfailing  
care and attention towards clients,  
staff, volunteers and everyone  
with whom she came into contact.

Nic will be remembered by  
all as someone who had a  
huge capacity for joy, fun and  
friendship. You always knew Nic  
was in the building because her  
laugh preceded her.

RIP Nichola Harris 1971-2019.

## Do Not Stand At My Grave And Weep

Poem by Mary Elizabeth Frye

Do not stand at my grave and weep  
I am not there. I do not sleep.  
I am a thousand winds that blow.  
I am the diamond glints on snow.  
I am the sunlight on ripened grain.  
I am the gentle autumn rain.  
When you awaken in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circled flight.  
I am the soft stars that shine at night.  
Do not stand at my grave and cry;  
I am not there. I did not die.

Charity no: 1073880

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